



| Calories | 60 | Calories from Fat | 0 |
|--|-----|-------------------|-----|
| % Daily Value* | | | |
| Total Fat | 0g | | 0% |
| Saturated Fat | 0g | | 0% |
| Trans Fat | 0g | | |
| Cholesterol | 0mg | | 0% |
| Sodium | 0mg | | 0% |
| Total Carbohydrate | 15g | | 5% |
| Dietary Fiber | 3g | | 12% |
| Sugars | 12g | | |
| Protein | 1g | | |
| Vitamin A 6% | | Vitamin C 120% | |
| Calcium 6% | | Iron 0% | |
| *Percent Daily Values are based on a 2,000 calorie diet. | | | |

CARIBBEAN BEAN SALAD**MAKES ABOUT 4 SERVINGS****Ingredients**

- 4 cups romaine lettuce, chopped
- ¼ cup red onion, chopped
- 1 cup canned black beans, drained and rinsed
- 1 orange, peeled and chopped
- 1 tomato, chopped
- 1 tablespoon vegetable oil
- 3 tablespoon red wine vinegar (if you like)
- 1 teaspoon dried oregano (if you like)
- Black pepper to taste

Directions

1. Toss all ingredients together in large salad bowl. If using red wine vinegar and oregano, add that too.
2. Serve right away or refrigerate up to one hour and then serve.

| Nutrition Information for 1 serving of Caribbean Bean Salad | | | | | |
|---|-----|---------------------------|-------|------------------|---------|
| Calories | 120 | Cholesterol | 0 mg | Sugar | 6 g |
| Calories from Fat | 30 | Sodium | 70 mg | Protein | 5 g |
| Total Fat | 3 g | Total Carbohydrate | 18 g | Vitamin A | 155 RAE |
| Saturated Fat | 1 g | Dietary Fiber | 7 g | Vitamin C | 40 mg |
| | | | | Calcium | 64 mg |
| | | | | Iron | 2 mg |

Recipe adapted from SNAP-ED Connection Recipe Finder, <http://recipefinder.nal.usda.gov>.

EASY FRUIT SALAD**MAKES ABOUT 7 SERVINGS****Ingredients**

- 1 can (about 16 ounces) fruit cocktail or mixed fruit, drained
- 2 bananas, peeled and sliced
- 2 oranges, peeled and chopped
- 2 apples, peeled, center removed, and chopped
- 1 container (about 8 ounces) low-fat piña colada or lemon flavored yogurt

Directions

1. Mix fruit in a large bowl.
2. Add yogurt and mix well.
3. Serve right away or refrigerate for one hour and then serve.

| Nutrition Information for 1 serving (1 cup) of Easy Fruit Salad | | | | | |
|---|-----|---------------------------|-------|------------------|--------|
| Calories | 120 | Cholesterol | 0 mg | Sugar | 24 g |
| Calories from Fat | 0 | Sodium | 20 mg | Protein | 2 g |
| Total Fat | 0 g | Total Carbohydrate | 30 g | Vitamin A | 20 RAE |
| Saturated Fat | 0 g | Dietary Fiber | 4 g | Vitamin C | 26 mg |
| | | | | Calcium | 80 mg |
| | | | | Iron | 0 mg |

Recipe adapted from SNAP-ED Connection Recipe Finder, <http://recipefinder.nal.usda.gov>.